

NOVEMBER 2005

MONTHLY PHYSICAL ACTIVITY LOG

Name: _____ Team: _____

Beginner: _____ or **Regular:** _____ (see below for definitions if unsure)

Instructions: The goal is to be physically active at least 12 times each month for beginners, 16 times each month for regulars. Below are some suggestions for exercise:

Aerobics Class	Hiking	Rowing
Basketball	Jogging/Running	Skating
Bicycling	Mini-Trampoline	Cross Country Skiing
Swimming	Dancing	Martial Arts
Housework (vacuuming, etc)	Yard work (gardening, raking leaves, shoveling snow, etc)	

Beginners are those who (at the beginning of the Challenge) have not been physically active 3 or more times per week in the two months prior to the Challenge. If you fit in this category, you should be physically active for 30 or more minutes total per day at least 12 days this month.

Regulars are those who (at the beginning of the Challenge) are physically active 3 or more times per week. If you fit in this category, you should be physically active for 30 or more minutes per day at least 16 days this month.

**PUT AN "X" IN THE BOX BELOW FOR EVERY DAY YOU'RE PHYSICALLY ACTIVE
NOVEMBER 2005**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

TURN IN TO YOUR TEAM LEADER BEFORE: **December 2** TOTAL DAYS FOR NOV. = _____

Team leaders and worksite coordinators: This form does not need to be submitted to the Heartbeat Program; only the team monthly report needs to be submitted. Thank you.

DECEMBER 2005

MONTHLY PHYSICAL ACTIVITY LOG

Name: _____ Team: _____

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DECEMBER 2005

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TURN IN TO YOUR TEAM LEADER BEFORE: **January 9** TOTAL DAYS FOR DEC. = _____

Team leaders and worksite coordinators: This form does not need to be submitted to the Heartbeat Program; only the team monthly report needs to be submitted. Thank you.

JANUARY 2006

MONTHLY PHYSICAL ACTIVITY LOG

Name: _____ Team: _____

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JANUARY 2006

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						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

TURN IN TO YOUR TEAM LEADER BEFORE: **February 3** TOTAL DAYS FOR JAN. = _____

Team leaders and worksite coordinators: This form does not need to be submitted to the Heartbeat Program; only the team monthly report needs to be submitted. Thank you.

FEBRUARY 2006

MONTHLY PHYSICAL ACTIVITY LOG

Name: _____ Team: _____

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FEBRUARY 2006

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

If taking part in the tobacco cessation component, were you tobacco-free all of February? Yes ___ No ___

TURN IN TO YOUR TEAM LEADER BEFORE: **March 3** TOTAL DAYS FOR FEB. = _____

Team leaders and worksite coordinators: This form does not need to be submitted to the Heartbeat Program; only the team monthly report needs to be submitted. Thank you.